29. (Original) The method of claim 25, further comprising forming the first stream by passing the first liquid through a nozzle.

30. (Original) The method of claim 29, wherein the nozzle has a diameter greater than 1/2 of the average diameter of the particles.

31. (Original) The method of claim 25, wherein the particles have an average diameter of at least 10 nm to at most 100 μm.

32. (Original) Particles comprising chitosan or alginate having an average diameter of at least 1 μm to at most 100 μm , wherein 90% of the particles have a diameter that is within 1 μm of an average diameter of the particles.

33. (Original) The particles of claim 32, wherein the particles comprise a pharmaceutical composition.

34. (Original) The particles of claim 32, wherein the particles comprise a core and a shell.

35. (Original) The particles of claim 34, wherein the core comprises a pharmaceutical composition.

36. (Original) The particles of claim 32, wherein the particles comprise a plurality of shells.

37. (Original) A method of forming gelatin particles, comprising:

accelerating a first stream comprising an aqueous solution of gelatin,

applying a charging voltage of at most 1.5 kV to the first stream;

vibrating the first stream, to form particles; and

subjecting the particles to a temperature at most 10 °C above the gelling temperature of the solution of gelatin;

wherein the accelerating comprises contacting the first stream with a second stream, and the second stream comprises a hydrophobic liquid.